

Ayurveda and Yoga Therapy Combined Decreases Pain Severity and Improves Overall Quality of Life

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ABSTRACT

Yoga and Ayurveda are two interconnected branches of the same vast Vedic knowledge tree that spans all aspects of human life and the entire cosmos. It's crucial to understand the functions of Ayurveda and Yoga in the Vedic system in this regard. Ayurveda is the most important of these because it covers all elements of body and mind healing and well-being. Yoga gives Ayurveda and its higher applications a spiritual and psychological foundation. Both Ayurveda and Yoga are necessary for a genuinely comprehensive and meaningful approach to medicine and recovery, with Ayurveda providing the medical foundation and Yoga providing the spiritual goal and practices.

Keywords: Yoga; Ayurveda; Physical and Mental Disease

INTRODUCTION

Ayurveda is an ancient science of life that has been practised since the beginning of existence. Ayurveda stresses the maintenance, promotion, and prevention of diseases through diet and lifestyle regimens, in addition to giving numerous therapeutic procedures for disorders. This is a science that belongs to all of humanity, and we should use it to enhance and validate Indian healing practises. The same idea is implicated in modern times as the lessons and practises that were set forth in ancient times to preserve one's health illness free. Ayurveda is an ancient science of life that has been practised since the beginning of existence. Ayurveda stresses the maintenance, promotion, and prevention of diseases through diet and lifestyle regimens, in addition to giving numerous therapeutic procedures for disorders [1]. This is a science that belongs to all of humanity, and we should use it to enhance and validate Indian healing practises. The same idea is implicated in modern times as the lessons and practises that were set forth in ancient times to preserve one's health illness free. To improve their Yoga practise, all Yoga teachers should master the foundations of Ayurveda, and all Yoga students should seek Ayurvedic guidance. With a fast-paced existence that leaves little time for restoration or relaxation, Ayurveda ensures tension and anxiety are reduced. Yoga, meditation, breathing exercises, massages, and herbal therapies allow the body to relax, detoxify, and renew on a regular basis. Ayurvedic techniques are used by some people to preserve their health, alleviate stress, and increase flexibility, strength, and stamina. People with conditions like asthma, high blood pressure, and arthritis may benefit from practises like yoga and meditation. There is no proof that Ayurveda is useful in the treatment of any condition. Lead, mercury, and arsenic have been discovered in

Ayurvedic remedies, all of which are known to be dangerous to humans. Yoga Therapy is when yoga is used to aid in the healing process [2]. The physiological model of Ayurveda is the method for understanding how yoga contributes to healing. Yoga's therapeutic side is known as Ayurveda. According to Ayurveda, each individual has a distinct physiology with inclinations that lead to imbalances. While yoga focuses on bringing the mind, body, and soul into harmony, Ayurveda focuses on improving a person's physical and mental health through diet and lifestyle modifications. Yoga therapy is also utilised to manage a variety of physical health conditions because to its focus on mind-body integration. The underlying premise of Ayurvedic medicine is to preserve balance and harmony in your body, mind, and surroundings in order to prevent and treat sickness rather than react to disease indications. Back pain, heart issues, asthma, chronic fatigue, hypertension, multiple sclerosis, and chemotherapy side effects have all been successfully treated with it. Ayurveda Maintaining a healthy weight, having enough energy, and avoiding lethargy and anxiety are all important aspects of living a healthy life. Healthy eating habits, mealtimes, meditation, yoga, and exercise all contribute to a holistic approach to health. This frequently helps people achieve their weight-loss goals. Ayurveda treats the base of the problem rather than merely the symptoms; holistic medicine tries to restore health by identifying the diseases' underlying causes. It aims to heal the problem at its source by purifying, cleansing, strengthening body tissues (dhatus), and harmonising physiological doshas [3]. Ayurveda has evolved as a holistic system with an understanding of physiology that allows it to maintain and restore health with few side effects, whereas allopathy, with its analytic understanding of physiology, focuses mostly on symptom suppression with

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numerous side effects. Yoga postures, breathing exercises, mantra repetition, meditation, chanting, and yoga cleaning procedures are all used in Ayurveda to cure both physical and mental illnesses. Yoga has traditionally defined itself in terms of asanas, or physical postures. These are frequently taught in large groups in exercise sessions for persons who are primarily interested in physical fitness. Yoga instructors are typically thought of as people who lead asana lessons. Some of these Yoga instructors may be familiar with the larger discipline of traditional Yoga. This condition has an impact on what is commonly referred to as Yoga therapy, which is tinted by the emphasis on Yoga as asana. Yoga therapy, also known as Yoga Chikitsa, is a relatively young, popular, and powerful trend in Yoga that is still attempting to define itself and its scope of application [4]. Modern Yoga therapy, on the other hand, is essentially an adaptation of asanas or asana styles to treat disease and enhance health, based on the asana as Yoga philosophy.

CONCLUSION

Combining Yoga and Ayurveda in all of their forms and in the

context of Vedic science results in a complete system of well-being for the body, mind, and awareness that may have no parallel anywhere else in the world, It has the potential to become the primary force for planetary healing, which is sorely needed right now. It has the potential to provide modern medicine a spiritual and preventative dimension, as well as provide vital new keys for understanding disease and using natural cures that can help to lower the rising cost of high-tech medicine.

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